

Thank you for agreeing to take part in the

**MAGENTA study:
Managed Activity Graded Exercise in Teenagers and pre-Adolescents**

Activity Monitoring Instructions

This device measures activity. It can tell whether you are sat down or being active as it can detect movement in different ways. This information is important for our study.

The only time you should take the activity monitor off is when you are in water (shower, bath, swimming) and when you go to bed at night. It can be kept on during day time rest periods.

Please wear the accelerometer around your waist so that the little red box is on your hip (if you want you can put it through the loop holes on your trousers, but you must remember to take it off if you change). It can be put under clothing if you want.



Please be aware that the monitor will stop flashing when collecting data. This is normal, please continue to wear.

Thank you

Activity Monitoring Instructions

Please wear the belt EVERYDAY for 7 DAYS from when you wake up in the morning until you go to bed at night.

Start wearing your belt on the **morning of: Thursday 8th October**

And finish on the **evening of: Wednesday 14th October**

Then please return the belt as soon as possible in the stamped addressed envelope provided.

If you have any queries please contact:

Amberly Brigden, Email: amberly.brigden@bristol.ac.uk or Telephone: 0117 3313325

THANK YOU